

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 4 Nilla Waffers w/fusion clementines w/crackers	Jan 5 Oatmeal / milk Fresh veggie w/dip	Jan 6 fruit bars & milk Corn Bread & Milk or yogurt	Jan 7 Grapes & Crackers Pizza Muffins	Jan 8 Toast and fruit spread Apple Slices w/Soy butter
Jan 11 Hard Boiled Egg w/crackers Cheese Quesadilla	Jan 12 cold cereal w/milk fresh veggie & dip	Jan 13 Pancakes w/ milk Crackers & cheese	Jan 14 Apples & cream cheese mini bagels w/soy butter	Jan 15 Yogurt & Pineapple pretzels and apple sauce
Jan 18 Eggs w/ cheese Triscut pizza	Jan 19 Rice cakes & fruit spread or soy butter Veggie chips and dip	Jan 20 French toast w/ milk tosquitos	Jan 21 Waffles w/ fruit spread Chicken nuggets & dip	Jan 22 Rice pudding & animal crackers Deli Roll Up
Jan 25 Yogurt crunch Chicken Noodle soup w/crackers	Jan 26 Cold cereal & milk fresh veggie & dip	Jan 27 Bagelfulls Naan w/ cheese	Jan 28 English muffin & soy butter crackers & cheese	Jan 29 Toast & Cream Cheese Meatballs & Crackers